



What's a Serving?

Getting your 5 a Day is easy if you know what equals a serving size. Here are the amounts you need to eat for one serving:



1 medium-sized fruit or vegetable



**½ cup fresh, frozen, or canned*
fruits or vegetables**

**canned fruit packed in 100 percent fruit juice*



1 cup raw leafy greens



¾ cup 100 percent fruit or vegetable juice



¼ cup dried fruit



The California 5 a Day Campaign is administered in part by the Public Health Institute. It is led by the California Department of Health Services in cooperation with the National 5 A Day Partnership.

For more information, visit us at:

www.ca5aday.com

1-888-EAT-FIVE



Gray Davis, Governor
State of California

Grantland Johnson, Secretary
Health and Human Services Agency

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For information about Food Stamps,
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1-800-952-5253.



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Eating at Work the 5 a Day Way

Simple ways to enjoy fruits
and vegetables during
your active workday

It's So Easy.



California Department of
Health Services



Eating 5

or more servings

of colorful fruits and

vegetables every day can help you avoid

serious diseases, such as cancer,

type 2 diabetes, heart disease, stroke,

and obesity. Eating healthy can also

help you now – by giving you the energy

it takes to do all you have to

do each day.

Getting your 5 from 9 to 5

can be easy. Here are a

few simple ways to enjoy

fruits and vegetables during

your active workday.



Eating at Work the 5 a Day Way

Pack Healthy Lunches

Substituting or adding fruits and vegetables to your usual mid-day choices can add at least one serving to your daily diet. Here are a few simple options:

- Sandwiches with extra lettuce and tomato
- Leftover vegetables with lemon juice
- Pieces of fruit
- Sliced vegetables
- Salads with lowfat dressing
- Vegetable soups or stews
- Salsa with corn tortillas

Select Healthy Choices When They are Available

Cafeterias and catering trucks nearly always have at least some fruits and vegetables. Be sure to choose them whenever they are available, including:

- Raw vegetables
- Sandwiches with avocado, lettuce, tomato, and onion
- Fresh fruits
- Raisins and other dried fruits
- Vegetable salads
- 100 percent fruit or vegetable juice

Enjoy Healthy Snacks

Eating a mid-morning or mid-afternoon snack is a perfect chance to catch up on your 5 or more servings, especially if healthy choices are rare at your worksite. These options are easy to bring along with you:

- Ready-to-eat dried fruits, such as dried apricots
- Crisp, fresh vegetables, such as baby carrots
- Refreshing 100 percent fruit or vegetable juice



If You Don't Have Enough Healthy Food Options at Work

The foods that are offered at your workplace are driven by your requests. Your employer may not know that fruits and vegetables – and staying healthy – are important to you. Ask your employer to offer fruits and vegetables in vending machines and to have more fruit and vegetable items in the cafeteria. Also, bring fruits and vegetables to meetings and company potlucks. Your requests can help make your workplace better for you and your coworkers.

Fruit Salad



Makes 4 servings

Nutrition
information
per serving:

Calories:	109
Carbohydrate:	28 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 g
Sodium:	3 mg
Dietary Fiber:	2 g

INGREDIENTS

- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup chopped nectarines
- ½ cup grapes
- ½ cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.



Veggie and Bows Salad



Makes 4 servings

Nutrition
information
per serving:

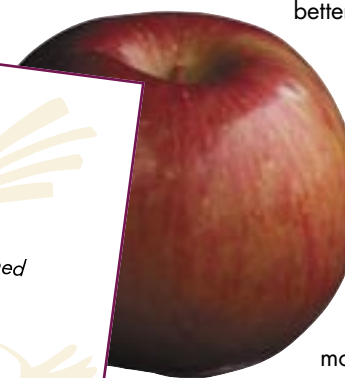
Calories:	182
Carbohydrate:	35 g
Protein:	8 g
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 g
Sodium:	5 mg
Dietary Fiber:	63 mg

INGREDIENTS

- 3 cups bowtie pasta, cooked and drained
- 1 cup shredded carrots
- 1 cup fresh or frozen snow peas, cooked and drained
- 1 cup diced cooked chicken breast
- ½ cup rice vinegar
- 1 teaspoon sugar
- ½ teaspoon soy sauce
- ⅛ teaspoon bottled hot sauce

PREPARATION

1. Mix together pasta, carrots, snow peas, and chicken.
 2. In a small bowl, combine remaining ingredients and mix well.*
 3. Add to pasta mixture and toss.
- * One-third cup bottled lowfat vinaigrette dressing may be substituted.



More Energy Today – Better Health for a Lifetime

Extra energy and long-term disease prevention are just two of the many advantages of eating 5 or more servings of fruits and vegetables each day. For more information about the health benefits of 5 a Day and regular physical activity, call 1-888-EAT-FIVE or visit us online at www.ca5aday.com.